

# DINNERLY



## Chicken and Spinach Biryani with Yoghurt Drizzle



35 minutes



2 Servings

The beauty of biryani is it's all cooked in one pan. And this one, with tender chicken, aromatic Indian spices and a creamy yoghurt drizzle, is an absolute pearler!



### WHAT WE SEND

- 1 onion
- free-range chicken thigh fillets
- 150g basmati rice
- 10g vadouvan curry powder <sup>17</sup>
- 100g baby spinach leaves
- 100g Greek-style yoghurt <sup>7</sup>

### WHAT YOU NEED

- 2 garlic cloves
- 1 tbs olive oil
- 375ml (1½ cups) boiling water

### TOOLS

- medium deep frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 615kcal, Fat 19.8g, Carbs 68.4g, Proteins 39.6g



#### 1. Prep ingredients

Thinly slice the **onion**. Crush or finely chop **2 garlic cloves**. Thinly slice the **chicken** and season with **salt and pepper**.



#### 2. Brown chicken

Heat **2 tsp olive oil** in a medium deep frypan over high heat. Cook the **chicken**, turning occasionally, for 3-4 mins until browned. Remove from the pan. Heat **2 tsp olive oil** in the same pan over medium heat. Cook the **onion**, stirring, for 4 mins or until softened. Season with **salt and pepper**.



#### 3. Cook biryani

Add the **rice**, **curry powder** and **garlic** to the pan and cook, stirring, for 1 min or until fragrant. Add the **chicken** and **375ml (1½ cups) boiling water** and stir to combine. Bring to the boil, then reduce the heat to medium and cook, covered, without stirring, for 10-12 mins until the water is absorbed and the rice is tender. Remove the pan from the heat.



#### 4. Add spinach

Stir the **spinach** into the biryani and set aside, covered, for 3 mins or until wilted. Taste, then season with **salt and pepper**.



#### 5. Serve up

Divide the **chicken biryani** among bowls, drizzle with the **yoghurt** and enjoy!



#### 6. Make it yours

If you have any roasted cashews or toasted almonds in your cupboard, scatter them over the biryani for crunch.